

The effect of social network sites on adolescents

Technology



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Research done concluded that longer use of internets had a strong association with “ increased depression, loneliness, and smaller social circles” (Ahn 1441). The effect occurs, as individuals are mostly isolated from their friends and families due to heavy reliance on SNS. As a result, such individuals psychological well-being is affected.

Secondly, SNS has been found to affect a student’s performance in schools. The effect has been noted in reduced grades to persistent users of these sites. For example, in one of a conference paper by Karpinski (2009), it noted that college Facebook users have lower GPAs as compared to nonusers of the site (Ahn 1442). The argument was that users are most likely to spend a longer time at the expense of studying.

On the other hand, these sites have led to cyberbullying. Perpetrators of cyberbullying have significantly used these sites (Jung 1). Hence, those that use these sites especially kids are more prone to cyberbullying. Usually, perpetrators hide their real identities to terrorize victims (Jung 1). The vulnerable kids are likely to developmental problems and sometimes even contemplate committing suicide.

In conclusion, it is clear SNS do more harm than benefits to society.